

**Sugar and spice**  
Flamboyant Texan  
opens Kitchener  
business  
that showcases  
her many talents.

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# SPOKE

A learning newsroom for journalism students

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Special ceremonies held to mark  
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Monday, April 9, 2007

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

39th Year — No. 13

## Radiothon music to their ears

### *KidsAbility and CHYM FM partner to raise \$122,441*

By SARAH JAYNES

More than 100 children participated in song, dance and crafts at the KidsAbility Radiothon recently at Conestoga Mall. The 12-hour event raised \$122,441.

The second annual fundraiser, titled Kids Can't Wait, was live to air on CHYM FM with on-air personalities, George Michaels and Tara Connors, from 6 a.m. until 6 p.m. in centre court.

It featured free entertainment and activities including Mad Science, Kids on the Block, BlueVale Jazz Quartet and face painting. A silent auction was held with various prizes available such as Raptors' tickets and a day at the spa, all donated by various local businesses to raise money for the foundation.

"This event is well worth it for us, because it is done for an incredible cause," said Michaels, adding this year there was an amazing turnout and the kids had a lot of fun. "We really love these live events," he said.

People could make donations to KidsAbility via phone or the web.

KidsAbility is an organization that provides services to children who are coping with different disabilities and illnesses such as Down syndrome, cerebral palsy and autism.

"This event is really out of our element because we spend most of our time at the station," said Connors.

KidsAbility partners with CHYM FM for the radiothon to raise awareness and money in support of the children. This year the centre must raise approximately \$800,000 to support the programs and services they offer to more than 3,500 children in Waterloo Region.

"Good thing I wore waterproof mascara," said Connors, adding she is touched by the children and parents who donate every year to the foundation.

"The radiothon is such a minuet amount of support and attention that should be drawn towards this foundation," said Connors.

"We are here at the mall for 12 hours, just imagine how that compares to a whole year of helping these children."



(Photo by Sarah Jaynes)

George Michaels and Tara Connors hold prize buckets that were given to children at the 2007 KidsAbility Radiothon. This year's event raised more than \$100,000 for the foundation.

Parents were pleased with the activities and hype that CHYM FM created.

"I am very impressed with the amount of people who came out to

support KidsAbility," said Frances Grode, the mother of an autistic child who attends a program with KidsAbility.

"It is great to see people interest-

ed and genuinely concerned for our children," she said.

Organizers are still accepting donations. If you would like to contribute, log onto www.kidsability.ca

## Ardelle Darling remembered as a ray of light

By BECKY SHARPE

Ardelle Darling's bright smile and caring ways made her a ray of light for her colleagues, students, friends and family.

The Conestoga College professor died after a sudden heart attack during the strike in 2006.

On March 26 Conestoga students and faculty held a memorial in Darling's honour as a way to bring closure.

"More than 20 people showed up," says nursing colleague and friend Marg Tupling. "It was a wonderful goodbye ceremony, her mother and best friend Linda even came."

Darling was one of the picket captains during the strike. She was also an avid dog lover and breeder of many champions, a passionate gardener, a loving daughter and a well remembered nursing teacher.

Nursing colleague Kathy Layte says Darling had a wonderful laugh; she was extremely intelligent, full of mischief and called her students her children.

"Ardelle didn't have any children over her life so she made her students her legacy," she says. "At the memorial one of her students won an award in Ardelle's honour."

The Ardelle Darling Memorial

Award is given to any second-year nursing student who best demonstrates caring and compassion, communicates effectively and shows enthusiasm for the nursing program.

Second-year Lauren Ernewein showed these qualities and was the first to win the award.

"The award will mean more to Lauren because she had Ardelle as her teacher, she knew her one-on-one," says Layte.

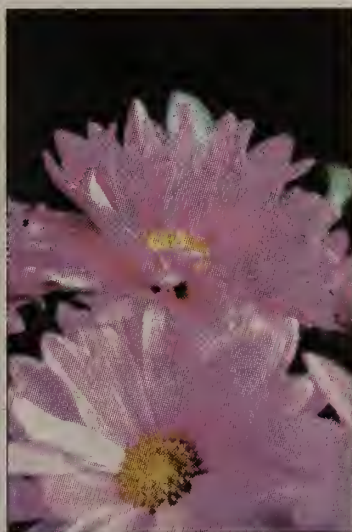
Tupling says Darling was never one to sit around.

"She was very proactive, she was a wonderful teacher and loved her students," she says. "Ardelle was always smiling and she had an outrageous laugh that was very contagious."

Darling's death during the strike was a devastating shock, says Tupling.

"During that time one of her graduated students who had become a parish nurse, Gail Noble, heard of her death and in her honour came back to the college to say a prayer with us on the picket lines," says Tupling. "It was a painful time but we were all very grateful for Gail's love of Ardelle."

Linda Fitzpatrick, a 30-year friend of Darling, says she remem-



(Photo by Becky Sharpe)

Ardelle Darling, a Conestoga College professor who died last year, had a personality as bright as a flower and her love for life was just as beautiful.

bers meeting her dearest and best friend in Toronto.

"Ardelle and I both turned 60 last year, we both lived in Toronto when we met at nursing school, we were huge fans of the Blue Jays during the World Series," says Fitzpatrick. "Anyone who knew Ardelle knew her to be the kindest

and most caring individual; she loved working with her students."

Fitzpatrick and Darling also loved to travel the world in their younger days with their mothers.

"We would head out and poke all over the countryside in places like Barbados and Martinique," she says. "Our mothers would always be with us when we went."

Darling had always lived with her mother, who is now in her 80s. Her mother took her daughter's death the hardest, says Tupling.

"She would be so happy to know that there is now a student award named for her and also to know that her mom is settled and well. We all miss her and think of her so often," says Fitzpatrick.

Both Tupling and Layte say they miss her most when they walk past her old cubical.

"Whenever I walked by her office she would have a pleasant word to say," says Layte. "She always made me laugh."

Darling was also remembered as being a ball of energy even though she was very small.

"Ardelle was full of energy, competence and love," says Tupling.

Layte added Darling was always enthusiastic, caring and intelligent.

"Ardelle will always be a ray of light."

### In Memory of Ardelle

She left us without warning  
Without even goodbye  
No more that raucous laughter  
That twinkle in her eye

She loved us all with gusto  
Her work a passion too  
Her students were her children  
But that they always knew

There is a void in school now  
No one can fill her chair  
This year has been a long one  
She was beyond compare

Her heart it seems was broken  
A loss we must all bare  
But if you listen closely  
Her resting heart's still here

It's in our joy of memory  
Our laughter and our tears  
It's in the students' faces  
As they'll remember through the years

She left us without warning  
A loss still hard to bear  
Her memory stays amongst us  
To laugh, to rejoice, to share  
— From your colleague and friend Kathy Layte



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

What are your plans for summer break?



"Working in Toronto."

*Joel Gerber,  
second-year architecture  
project facility  
management*

"Working as a  
lifeguard."

*Heather Trussler,  
second-year nursing*



"I'm going to Niagara  
Falls."

*Amanda Bright,  
second-year early  
childhood education*

"I'm going to Vegas,  
then Arizona."

*Adam Quigley,  
third-year  
marketing*



"I'm going to be trying  
to find a job."

*Jessie Houston,  
second-year office  
administration*

"I get to work for the  
Region of Waterloo."

*Brion Huber,  
first-year  
civil engineering*



Smile Conestoga, you could be our next respondent!

# New police HQ LEEDing the way

By STEPHANIE IRVINE

Waterloo regional police are leading the way, in more ways than one.

The proposed addition to police headquarters in Cambridge, a project totaling \$11.6 million, will include enough environmentally-friendly features to earn it a gold rating under the Leadership in Energy and Environmental Design (LEED) program.

"We believe that we're natural community leaders, and it's great," said Inspector Bryan Larkin of the Waterloo Regional Police Service (WRPS). "We're always exploring environmentally-friendly options."

Regional council decided in April 2005 all new, occupied regional buildings over 5,000 sq. ft. had to be designed to the LEED silver rating, requiring a minimum of 33 out of a possible 70 points. They do not require the buildings to be certified, however.

"The intent of our marching orders from council are to only design to LEED silver," said Kari Feldmann, senior regional project manager of environmental and corporate properties. "To go through and design and build (to that standard), you're already 90 per cent of the way there. Certification is just that last step."

And an expensive one, at that.

"It actually costs a significant amount of money to go through the LEED certification process," said John Prno, regional director of emergency medical services (EMS). "We're basically supporting the cause in saying we want our buildings to be at least LEED silver, but we don't necessarily have to go through that certification process."

Larkin agreed with him.

"The true goal, really, is to look at how we can do this from the most fiscally responsible mechanism," he said.

The new police headquarters on Maple Grove Road will include

features such as: bike racks; energy-efficient lighting; triple-glazed windows and windows that open; more roof and wall insulation; rain-water collection to reduce runoff and using it for toilet flushing; water conservation measures like low-flush toilets; and eliminating pesticide use by planting native plants and grass.

Designers expect the addition will use less than 50 per cent as much energy as a standard building of the same size.

It will be the second building in the region to attain a gold rating under LEED. The nearby ambulance facility, completed in the summer of 2004, was the first gold-rated building east of Alberta.

"The region's a lot like we are here in EMS – we like to be first, we like to do different things," said Prno. "And I guess the thinking is if a government won't do it, how can you expect a citizen to do it?"

Under the LEED system, designers must take into account six specific areas: sustainable sites; water efficiency; energy and atmosphere; materials and resources; indoor air quality; and innovation and design process.

EMS received an award from the Federation of Canadian

Municipalities for taking so many innovative steps with their facility.

"It's almost a way of thinking, rather than individual design elements," said Prno. "You have to rethink the way you do things."

Feldmann said the most important thing to consider when designing the buildings is they have to be functional and meet the intended purpose.

"First and foremost the buildings have to operate," he said. "If they don't do that, the project is a failure regardless of how energy-efficient it is."

Feldmann added there is also a people aspect to building a green building.

"Productivity levels go up, staff absentee levels go down, people just feel better," he said. "People want to work in those kinds of buildings."

He said those are factors they can't put a number on, but are critical when it comes to sustainability.

Feldmann added the region hopes by taking a leadership role with the environment, other municipalities will follow suit.

"By building energy-efficient buildings now, we're building for the future," he said. "We're future-proofing our buildings to compensate for scarcity of resources and the cost of those resources."



(Photo by Stephanie Irvine)

A \$11.6-million addition is planned for police headquarters on Maple Grove Road in Cambridge. The facility has attained a gold rating under the Leadership in Energy and Environmental Design program (LEED). It's only the second building in the region to do so.

## Graduating? Now What??

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(519) 748-5220 ext: 3340  
tcruks Shank@conestogac.on.ca

Career Services—SCSB—Room 220





# Party for Parkinson's

By NATALIE ANDERSON

A party at the Newfoundland Club in Cambridge kicked off Parkinson's awareness month on April 1, but the real reason for the party was to raise funds for the new Cambridge support centre opening April 12.

Close to 150 people enjoyed pizza, provided by Pizza Hut and Pizza Delight, and live music at the afternoon festivity, and raised \$2,254.

"The Parkinson's community in Waterloo Region is getting bigger and bigger and right now there's only a London office to look after from our area down to Windsor," said Shari Weaver, who co-ordinated the party. "Because the population in Windsor is getting so big London can't handle it all."

Weaver, who has had Parkinson's for 10 years, said she heard a support centre was being established in Cambridge.

"I thought, well, they need money for that and I'd like a party, I like music," she said.

Donations were accepted at the door in exchange for raffle tickets. Several companies in the area donated gift baskets and gift certificates for prizes. Zehrs, located by the Cambridge Centre, donated a TV and another company donated a DVD player.

Weaver said she was amazed by the generosity and instead of a regular 50-50 draw, they added a twist.

"It's a 45-55 draw because it's my 55th birthday," she said. "Fifty-five is just what you think of it. It's five and five so I'm going to be a perfect 10!"

It also means that 55 per cent of all the proceeds go to Parkinson's.

Weaver is excited about the new support group in Cambridge.

"A lot of the coping you have to do on your own unless you know of someone else who has (Parkinson's)," she said. "You need someone to talk to on the phone. You can get really depressed. Dark days are the worst and you can't get your spirits up no matter how hard you fight."

Louise Hazelton has been fighting her own battle for 17 years and is happy to hear there will finally be a support centre in Cambridge.

"It's been hard on me and my family. I don't even like leaving the house, let alone the city," she said. "Now I will be able to talk to someone who understands me without having to travel very far."

Weaver said the best way for her to cope with her Parkinson's is to keep busy.

"The more you help others, even if it's others like yourself, you don't get so depressed."



(Photo by Natalie Anderson)

Terry Dieter, an Elvis impersonator, helped entertain at a party to raise money for a new Parkinson's support centre in Cambridge. Party organizer Shari Weaver, shown above, said she was very happy with the turnout of approximately 150 people on April 1.

## \$500 for top agenda design

By ALLISON STEINMAN

A creative Condor's artwork will grace the cover of Conestoga Student Inc's 2007/2008 planner.

CSI held a contest inviting students who like to draw and have creative ideas to submit their ideas by April 6.

Bonnie Humphries, who is in charge of promotions, said that as long as the design included Conestoga's logo and the year, it was open as far as the design goes.

"The sky's the limit," she said. Humphries said designing of the planner, which used to be a project for the graphic design students, was opened to all students in order to get them involved with the day timers.

"We always have a lot of comments and ideas about the planner," she said. "Students took an interest, that's what triggered it."

As of April 3, only a handful of entries had been received, but Humphries said it was still early and they were just starting to come in. In addition to having their design used, the winning student will also receive a cash prize of \$500.

"It's a pretty good prize," said Humphries.

The contest deadline is April 13.

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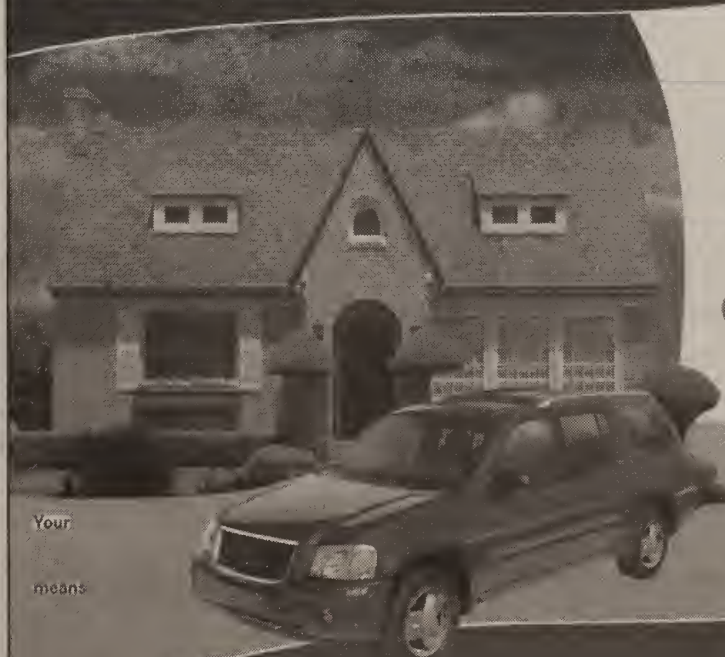


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# Province needs to pony up

The recent provincial budget released by the McGuinty government is promising \$390 million in funding for post-secondary institutions. Sounds like a lot of money, doesn't it? But when only a third of that is going to help Ontario's chronically under-funded colleges, it makes you wonder where colleges sit on the government's list of priorities ... or if they even make the list.

On average, Ontario college students receive \$2,000 less in grants per student than college students in the rest of Canada, ranking us 10th. It's time for the provincial government to put funding for Ontario college students' on-par with that of their peers across the country, and to make post-secondary education accessible to everyone.

Provincial governments have been slashing funding for post-secondary education since the early 1990s. In an attempt to reduce public spending, the government seemed to find the path of least resistance to spending cuts in the college and university systems — all they had to do was force massive hikes in tuition fees. This allowed them to save money without having a disastrous impact on the quality of programs offered, or so they said. Official statements were made about the need for students to pay an appropriate share of the costs of their education ... but who decides how much is an "appropriate" amount? Shouldn't we encourage and facilitate our population striving to better themselves?

The president of the College Student Alliance (CSA), Matt Jackson, said he is pleased to see Ontario colleges receiving some recognition in the budget. He added, however, the money is long overdue and probably won't do much to make up for more than 15 years of under-funding in the college system. In the past decade alone, the total provincial government transfer per funding unit to community colleges has dropped by 40 per cent.

This constitutes nothing less than a crisis in a time when more Canadians than ever before are attending college and university.

Investment in post-secondary education pays off — not only for those who attend college or university, but for society as a whole. We must remind our government of this fact — that we want an educated, skilled, well-informed, cultured and prosperous population leading our country throughout the 21st century.

It's time for the provincial government to put funding for Ontario college students on-par with that of their peers across the country, and to make post-secondary education accessible to everyone



The provincial government — slashing post-secondary funding since the 1990s — it's time they anted up

## Epitome of consumption

We live in an era of abundance — almost anything we could ever want is practically at our fingertips, a convenience that has spilled over into dangerous territory.

I'm not talking about the availability of drugs in our schools or guns on our streets; I'm talking about the vehicles we drive.

With global warming becoming utterly impossible to ignore and fuel prices skyrocketing, I see the world approaching an environmental and economical crisis, and so it pains and angers me to see business suits and soccer moms alike running their daily errands from behind the wheel of a Hummer H2.

Weighing in at almost three metric tonnes, the Hummer H2 is one of the largest commercially-available and street legal vehicles on the road today, and stands as a symbol of wasteful consumption.

The monstrous H2 — the civilian version of a vehicle originally intended for military use — gets approximately 100 kilometres per 17 to 24 litres of fuel, with reports



Aaron Schwab

Opinion

of 29L/100km in bad urban driving conditions.

I'm convinced there is no reason whatsoever for anyone living within the city or suburbs to own a vehicle that makes such frivolous use of a resource the world is literally running out of.

However, it would be unconstitutional to tell people who can afford the almost \$70,000 price tag that they cannot buy whatever they want, a Hummer included. So where does one find a solution?

It's simple — tax the pants off of Hummer H2 owners and buyers.

In an age when fuel-saving hybrid vehicles are becoming commonplace (and almost necessary should environmental safety be considered a priority), those

who decide to spend \$70,000 or more on their vehicle and then use \$20 in gasoline for their daily commute should have no problem paying an extra \$2,000 or so per month in insurance, or perhaps they should be charged an extra thousand dollars per month in gratuitous fuel consumption tax. The money could go a long way to helping the environment.

But will robbing Hummer owners blind really wake them up to the problem? Sure, we can drain their bank accounts in the name of teaching them a lesson, but will it really cause them to get their gas-guzzlers off the road?

Wouldn't it be easier if drivers of such vehicles were more logical? If your daily commute involves clearing two-meter gaps in the desert, then a Hummer is probably for you. But to drive to and from the office and drop little Jimmy off at soccer practice, please consider the pollution your tank is causing — the air that I enjoy breathing every day isn't getting any cleaner.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:  
The Editor, Spoke, 299 Doon Valley Dr.,  
Room 4B14, Kitchener, Ont.,  
N2G 4M4

## Spoke

is published and produced weekly by the journalism students of Conestoga College

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

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# Danger lurks on the Internet

By CHRISTOPHER MILLS

With ever increasing volume and popularity, the Internet is offering possibilities never before dreamed of. Business, communication, obtaining news and finding entertainment are easier than ever before. But is it safe?

Statistics show increased risks for young Internet users because, unfortunately, online predators benefit from the technology as well.

These predators have such an easy time these days because young people are using the Internet more than ever before.

The following statistics were compiled by the Media Awareness Network and the Canadian Safety Council:

■ 99 per cent of people 17 and under have used the Internet

■ 80 per cent of people 17 and under have accessed the Internet from home

■ 50 per cent of people 17 and under use the Internet daily

■ 50 per cent of 11- to 12-year-old instant messaging users say they have friends they only know through the Internet

■ 72 per cent of 15- to 17-year-old Internet users visit chat rooms and 60 per cent visit private or adult chat rooms

■ 43 per cent of 15- to 17-year-old Internet users have been asked by someone they met on the Internet to meet in person. One in five said yes.

■ 67 per cent of Internet users 17 and under said their parents do not

supervise or limit their Internet use in any way

And finally, according to Statistics Canada, children today spend more time in front of the computer than they do in front of the television.

In this day and age, when com-

the Internet. Children cannot be expected to know the dangers that exist online, and adolescents cannot be expected to always follow regulations given by their parents.

Another problem is that predators are targeting young people on sites where safety seems a given.

Jenifer Schut, a sociology major at Queen's

public gaming sites, where people can congregate to play games like checkers and chess against other online users.

"These are supposed to be safe sites, family-friendly sites," she said. "It's scary."

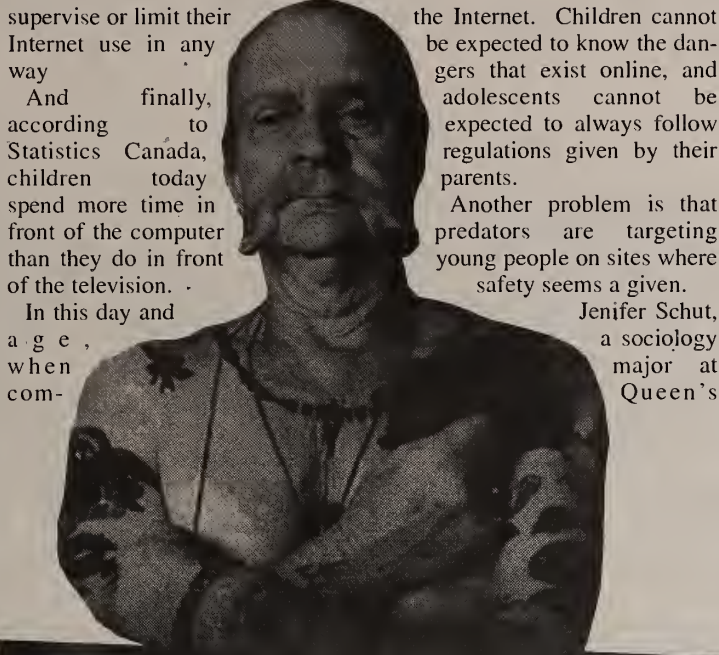
The government is introducing legislation all the time, but the Internet is increasingly difficult to regulate. Because everything is so public and open, it is not easy to separate the adults from the youth.

The government is cracking down though, establishing legislation intended to prevent people from things like impersonating someone else online and even having basic chat communication with someone who is underage.

Another useful tool has been the founding of CyberTip. [www.cybertip.ca](http://www.cybertip.ca) is Canada's national tip line for the exploitation of children online. Since it was officially launched in 2005, the number of reports has skyrocketed.

All of these measures are a good start, but in the end, the responsibility comes down to parents. The bottom line is that children cannot be trusted in such a dangerous forum. All it takes is one wrong click or one chance encounter with the wrong person in a moment of vulnerability, and your child is in a world of unprotected trouble.

The message needs to get out that nothing online can be assumed safe or taken for granted. For more information and tips on how to keep yourself and your children safe when surfing the Internet, visit [http://www.cybertip.ca/en/cybertip/safer\\_inet\\_tips](http://www.cybertip.ca/en/cybertip/safer_inet_tips).



## Meet Your Child's Internet Pen Pal.

puter use is growing exponentially, Internet legislation is being addressed constantly and the media reports daily on children who have been taken advantage of over the Internet, how is it that these statistics exist?

First of all, just as the stats suggest, parents are not paying enough attention to their children and the content they're viewing on

University, has studied Internet law and, through her own studies, has experienced some of these Internet dangers first hand.

"It's disgusting, some of the things people do," she said. "They prey on young girls and try to intimidate them."

Schut said she has found predators in places where people likely wouldn't even suspect it, such as

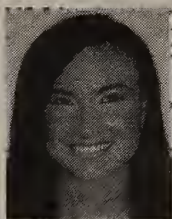
## With age comes beauty

I recently celebrated my 21st birthday. For weeks prior to the special occasion I thought about my birthday attire and finalized plans. It turned out to be a birthday week rather than just a one day celebration. As my big day drew closer I found myself having to often answer the big question, "How old are you turning?"

I have been told that I look and act rather mature for my age; I take this as a compliment. After answering the age question, I was often asked if I was feeling sad, excited, nervous, worried or a little of everything to be getting, wait don't say it, older?

I think I look at life differently than most people. I am so excited for what's next and what's to come. I look forward to battling all of life's little wars that come my way. I never once felt sad or upset about the milestone that I was about to accomplish. I am thrilled to have that many more achievements under my belt. I learn something new every day and amaze myself with all that I have done. That's 365 new things that I've learned since my last milestone. Bring on another 365.

I think with maturity comes a number of attributes: confidence, style, grace, consideration, thoughtfulness and appreciation, along with being developed fully, in perfect condition and ripened. I would say someone who is mature



Vanessa Butler

Opinion

has all of these qualities.

When people ask me I say that I can't wait to get older. I am excited about aging. I think with age comes more beauty, both inside and out. I think I will have a stronger appreciation for life, relationships and really appreciate the values I hold true. I am excited about my future and building an incredible life for myself, where I will go and what I will see.

I would never wish to be 12 years old again, I just think of how little I knew compared to what I know now and what I have experienced. I never have nor will I ever live in the past. I don't hold grudges or have any regrets about anything. I take knowledge from every experience and am appreciative that I got the chance to experience it at all.

I'm only 21. I have the rest of my life to look forward to.

Life seems so much more fulfilling if you look at it as a gift, something that you are not just expected to have, but rather something that you appreciate and cherish.

## No cause for alarm

By ROSS ALDWORTH

Energy-saving fluorescent light bulbs may save money on energy bills, but they've also become a cause of concern for some Kitchener residents

The Kitchener Fire Department has received a number of calls from residents reporting that their energy-saving compact fluorescent light bulbs have been producing smoke when burnt out.

The lamps sometimes emit smoke, an odour or a popping noise along with a base which may look discoloured or charred when they have finished their life.

Certification agencies have issued statements that this failure does not present a shock or fire hazard for approved products.

However, improperly installed or unapproved bulbs have been found to be the cause of several small fires in the area, says Kitchener Fire Department public education officer John Coish.

The Electrical Safety Authority (ESA) has advised consumers to replace compact fluorescent light (CFL) bulbs at the first sign of failure or aging. The early warning signs to look for include: flickering, a bright orange or red glow, popping sounds, an odour or browning of the base

The ESA also stressed the importance of following the bulb's instructions and making sure that the lamp or fixture it is to be used in is compatible with the bulb. CFL bulbs should never be used with dimmer switches, touch lamps, lamps with timers or outdoors.

## COUNSELLOR'S CORNER: Community Resources

The counsellors at Counselling Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>



# A real sweet spot

## Thousands take in Elmira's annual maple syrup festival

By **LEANNE MOUNTFORD**

The aroma of pancakes, sausages and barbecued chicken filled the air in Elmira on March 31 as thousands of people attended the Elmira Maple Syrup Festival.

Vendors sold all kinds of goodies, from homemade crafts to delicious food and many maple syrup products.

Aside from the many vendors, people could watch the MegaMutts dog show or go on a sugar bush tour to see how the sap from the maple trees is collected and turned into maple syrup.

Judy Phillips, who helped sell maple syrup and maple candies for Maple Tap Farms, said she doesn't remember how many years they've attended the festival but they have proof of their attendance dating back

to the 1993 event.

Phillips said she enjoys the festival because it's fun and busy.

Wally Sallans, who makes the Maple Tap Farms brand maple syrup, said he usually sells a few hundred litres of maple syrup at the festival.

According to the Elmira Maple Syrup Festival website, the proceeds from the festival are returned to the community to support local charities and non-profit organizations.

According to a March 30 article in The Record of Waterloo Region, festival organizers expected 70,000 people at the festival this year.

Despite the cold windy weather this year, Sallans said they have had worse years.

That type of weather is expected for this time of year, he said, adding at least there's no rain or snow.



(Photo by Leanne Mountford)



(Photo by Holly Featherstone)



(Photo by Leanne Mountford)

Above left: Thousands of people attended this year's Elmira Maple Syrup Festival on March 30 and 31. The event began on the Friday with an antiques and collectibles show and sale and a toy show and sale. On the Saturday, a pancake flipping contest was held, along with the Friday sales, a quilt and craft sale, sugarbush tours, Old MacDonald's farm, theatre shows, a dog show and, of course, lots of pancakes. Brisk weather forced people to dress in warm clothes while they checked out the many vendors selling food and crafts. Maple syrup was the obvious must-have item.

Left: Josh Hooper, Jamie Waddle and Ryan McKlay found a quiet spot to enjoy some beef souvlaki.

Above right: The Pancake Guy greeted people with gusto while promoting the New Apostolic Church's pancake breakfast.



# The queen of beads

Flamboyant Texan opens business that showcases her many talents



By AMY MEADOWS

What do you get when you mix a flamboyant Texan with a personality as big as her home state and a newly renovated hydro station? You get Gay Isber and Sugar Beads & Co.

Sugar Beads, nicknamed the Sugar Factory by Isber, is a showcase of her jewelry designs, cooking skills and artwork. From intricate crowns to beaded bracelets, and modern artwork to cooking classes for kids, Isber has found many ways to make money from the business.

Based on Duke Street West in Kitchener, this extremely unique building encompasses architecture and art and design.

Having made an immediate impression since arriving in Canada, Isber's success has not come without many trials and tribulations.

"It was tricky, Canada is just over the border, but it is totally different," she said. "People are always reminding me that when I first moved here I was in the papers, writing editorials that incensed people, so I have come a long way since then. Everyone used to ask, who is this Texan and why won't she just go home?"

Married for 10 years, Isber faced many battles after her husband died. When the time came to re-build her life she said no one wanted to date her back home.

"He (Isber's late husband) was well-known and respected in the community and no one wanted to follow that act," Isber laughs.

Energetic and excitable, Isber doesn't appear to have let the setbacks in her life stop her from living life to the fullest. It is clear this is a lady who doesn't do anything by halves.

Her second marriage was to a Canadian. Once the two divorced she knew she did not want to return to Texas.

"We met on the Friday and were married

the following Saturday," she said. "My kids were like 'mother, grow up,' but I wanted to do this. After the divorce I didn't want to uproot them, or admit defeat, and Kitchener has really grown to be my home."

And what better place to start the Sugar Factory than a place Isber calls home.

Despite many obstacles on the road to opening the business, she succeeded because of the speed she works at.

"If I had stopped to think, maybe it wouldn't have happened," she said.

After finding a derelict hydro station she thought would be perfect for her business and new home, Isber put in an offer.

"Other people thought I was crazy, but I walked in and saw it completely finished," she said. "I needed lots of natural light because I'm dealing with colours, and there are great windows here, and I can live above my business."

A total workaholic in her own words, the decision to create a live/work space made perfect sense. It allows her to get up at all hours to work on current and upcoming designs.

After pleading with city council officials she became the first person in Waterloo Region to create a live/work space.

"Isn't it the most unique thing you could imagine?" Isber asks. "I didn't think it would be so hard to do though ... it's pretty dang good."

Isber leans in to reveal another reason she was so determined that the hydro station be her new home: the living area was only big enough for one.

"I needed my kids to go away really," she whispered.

Her 19-year-old son was living at home until the business venture.

"I had to get rid of a son who was taking up the basement and making a huge mess," she said. "He needed to grow up a bit."

Despite this she said both her sons under-

stand what she is doing. She explained they helped her out when the business was in its early stages.

"And then they were replaced by a \$10 per hour homeless guy," she laughed.

On moving day, after being let down by people who were to help her move in, Isber needed heavy things moved. So it was down to the local soup kitchen to hire some down-on-their-luck men.

"They are like replacement children," she said. "I tell my kids they love me more than they do, and they tell me, of course, because I'm paying them 10 bucks an hour."

Isber said it became addictive to have workers and on her first day in the building she came back to find they had set up table and lit candles for her to have her first dinner in her new home.

"By then I was in love with them," she said. "Six months later most of them are still here and it turned out to be quite a surprise, everyone brought something different to the table."

Passionate about her art, Isber said her ability to design is something that has been with her from a young age, she was even arrested for her art back in her university days.

After being inspired by an artist who conveys her artwork through words, Isber took over the university campus for one of her assignments.

The artist in question made a lot of temporary artwork that people would stumble across and their reactions to the artwork would be filmed.

On the campus, everyone wore shirts with their own words/phrases and artwork was put up around the campus.

Emblazoned on her own shirt were the words "tick tick." Isber said these words represented how time was running out during her husband's illness. The police showed up and took the saying to be more sinister than it was.

"They took it to mean there was a bomb,"

she said. "And that was what got me arrested, along with my two kids and my godson."

She did escape without a criminal record and became famous in her class.

"It's all they wanted to talk about," she said.

Isber doesn't seem like the kind of person who finds coming up with unique ideas difficult, but when the pressure starts to mount, Isber continues to rise to the challenge, and focuses on what she wants from her business.

"I want people to come away from being here with a sense of joy and happiness, so they know there is a place where you can let go, that is my gift," she said. "I want people to open their hearts and have frickin' fun."



(Photos by Amy Meadows)

Gay Isber, top photo, owner of Sugar Beans & co. on Duke Street West in Kitchener, shows off her latest designs. The butterfly crown is made with real butterflies and lots of beads.





## HOROSCOPE

Week of April 9, 2007



## Aries

March 21 -  
April 19

Lies do not become you. You hate deception and avoid all fraud whenever possible. While lying is usually the wrong way to accomplish things, don't shun them, sometimes lies are the only truth people can handle.



## Libra

September 23 -  
October 22

Fairness is key in all aspects of life. You hate injustice and can't stand to see others taken advantage of. Partner yourself with those who are very vocal. Your emotions and their voice will make a destructive pair when you are upset.



## Taurus

April 20 - May 20

You are not an actor and can't fool others into believing you're something you aren't which makes it impossible for you to convince those who know you that you have changed. You may need a change of scenery.



## Scorpio

October 23 -  
November 21

People often need to take a second look at your personality. You don't have a readable face and are at times mysterious. Don't let others be fooled by your exterior, while you enjoy keeping people guessing, don't hide the real you.



## Gemini

May 21 - June 21

You are like an ocean, always moving, never able to settle. Your energy keeps your life exciting and you on your toes. Be careful how much energy you release, in time you will get tired and will need to accept the option of settling.



## Sagittarius

November 22 -  
December 21

A cage would be your prison as you love the feeling of freedom. You also hate tying others down and are the first to end anything that doesn't allow for flexibility. Don't succumb to another's wants, if you do you truly will be caged.



## Cancer

June 22 - July 22

Like a sixth sense, you have the ability to feel others' animosity and are in tune with how others feel and how they are affected. Keep your sense in mind, sometimes people need others who feel what they're going through.



## Capricorn

December 22 -  
January 19

Your passion and stubbornness are your downfall as you get so wrapped up in what you're doing that you forget all other things. When people shun you because of this don't hate them, they don't want you to miss too much of life.



## Leo

July 23 - August  
22

When it comes to teamwork you usually get an F as it isn't one of your best skills. You can be bossy and pushy when things don't go your way. You don't always need to be in control; letting others pitch in makes things a lot less stressful.



## Aquarius

January 20 -  
February 18

You are a friend to many but when someone upsets you, you go for blood. You find their tiniest flaw and expose it, embarrassing them to no end. Do not treat people like their flaws make them unworthy, you too have flaws, your harshness being one.



## Virgo

August 23 -  
September 22

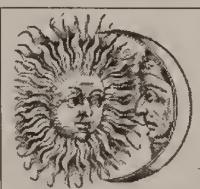
You view the world with set opinions and are a firm believer that everything has logic. Don't always judge things by your standards, not everything has a textbook explanation.



## Pisces

February 19 -  
March 20

You aren't an idealist but rarely do you see what is in front of you. Instead, you see only what you'd like to see. Don't get lost in the world you have created. Reality, although it isn't perfect, is all we have. Try to make the best of it.



Tiffany McCormick is a third-year journalism student holding fate in the palm of her hand.



(Photos by Jenn Sprach)

Fresh herbs can be purchased early, kept indoors and used for cooking. They should be put in a sunny window and watered regularly. In late May or early June they can be transplanted into the garden.

JENNY FREAN  
FRESH HERBS

# Become a garden guru

By JENN SPRACH

There's nothing like a salad made of fresh herbs and vegetables that came directly from the garden.

However, creating a garden which produces a plentiful crop throughout the year can be a challenge.

How is the soil prepared, what seeds can be planted and when and how are they planted, are all questions new gardeners ask.

Once a spot has been chosen, preferably with a minimum of eight hours of daylight, the soil needs to be prepared for planting, said Rosie Lombaert, from Belgian Nursery in Breslau.

"You can start to prepare the soil once we've had some rain and warmer weather."

The texture of the soil shouldn't be heavy and muddy or it will compact again.

If this is the first time creating the garden it is good to use composted cow or sheep manure, black earth and good composting.

Add everything to the soil and, using a rototiller, mix the soil and break up all the large chunks. Planting can begin 24 hours after soil preparation.

Different vegetables need to be planted at different times and the packaging will identify when it can be planted.

Stage one vegetables are able to

withstand a heavy frost and can be planted at the end of April or early May, said Lombaert. These vegetables include onions, peas and spinach.

Stage two begins once the nights warm up and there is only light frost, usually around mid-May. Lettuce, radishes, beets, parsley and chives do well planted at this time.

Stage three occurs in late May to mid-June when there is no longer a chance of frost. Everything can be planted at this time including rosemary, thyme, tomatoes and cucumbers.

"New gardeners should stick to the basics like carrots, radishes, beets, beans, onions and corn," said Lombaert. "It's one of those things that takes practice."

Herbs are great for beginners because they can be purchased early, kept indoors and used for cooking before transplanting outside.

A wide selection of potted herbs can be purchased for \$6.99 at Belgian Nursery.

Weather plays a big part in gardening; certain crops will taste better and grow bigger depending on if it is a wet or dry season.

The ideal time to plant is before a light rain but it's very hard to predict, Lombaert said.

The Weather Network's website has a garden forecast which indi-

cates if there is frost expected.

To ensure all the vegetables don't come at once the planting needs to be spaced out and repeated throughout the year.

While some vegetables are finished producing in late August, some can continue to produce until late September to early October, so read the packaging for guidelines.

Be sure to re-fertilize the garden during the year to ensure quality vegetables. Compost can be placed around plants and the nutrients will be released when it rains or there are granular water soluble fertilizers such as Miracle-Gro which can be purchased.

Any uncaten or bug-attacked vegetables should be put into a compost pile; people can either buy a composter or just make a pile and turn it regularly.

Add any eggshells, fruit peels, leftovers and foliage to help create a nutrition-rich fertilizer for next year.

In the event of bug infestations or fungicide problems Safers makes natural insecticides and fungicides.

Sometimes you have to use pesticides or there won't be a crop left, but only use them if there's a problem.

"It's amazing how fast you can get bugs," said Lombaert. "One day there's no bugs and the next they're everywhere."



# Reaching out to those less fortunate

Outreach workers are a dedicated group who help the homeless and many others access services

By SUMMER MCPHEE

Everyday they walk the streets of downtown Kitchener, distributing backpacks, socks, long johns and boots to those in need.

"We are a buffer for people who are periodically or consistently homeless and the community, which isn't always particularly tolerant of them," said Rob Smith, a street outreach worker in downtown Kitchener.

Smith spoke about his experience with the downtown street outreach worker project at a political coffee house on March 26, which was open to the public.

The outreach group is dedicated to providing direction to individuals suffering from homelessness, mental illness, alcohol and/or drug addiction in the downtown Kitchener area.

Their goal is to support these individuals who are in trouble and help them access the services they need, but are having difficulty navigating, such as medical care or social services.

"I'm glad the winter is behind us, because it means some of the people that do sleep on the streets, they will be exposed to less extreme elements," said Smith.

Early on in the day the workers

spend time at St. John's Kitchen, located on Victoria Street, to talk to and connect with the homeless people in the community.

"A lot of this has to do with relationship building, so being a regular presence is very important," he said. "Of course, not everybody sees us as a reliable support, because you have to trust somebody to tell them your story."

He said the workers spend as much time promoting respect for the homeless as they do trying to get those who are homeless to respect the community.

"That's not always an easy thing, because when you're constantly being disrespected by your community you're not going to respect them very much."

Smith said his experience with the business community in downtown Kitchener for the most part has been really positive.

"Most people respond well to me going in to their business, introducing myself and asking if they do see someone who looks like they need help to give us a call."

He added the workers take the time to look at what has happened in the individual's life to cause him or her to need this kind of help.

"I'm not saying that everybody has a horrible story," said Smith. "You'll meet someone in the kitchen and you can't figure out for the life of you why that person is there."

However, he said there are those who are dealt such an unfortunate hand, with a series of traumatic events.

"You can't believe that person is still around, still showing up everyday and trying to work out their life," said Smith.

Cliff Chaves, a first-year business student at Conestoga College, said he thinks the project is beneficial for the homeless and their community.

"We need to show the homeless there are people in the community who care and want to help them access the services they are entitled to," said Chaves.

He said helping the homeless in this manner is not only addressing the immediate problem, but helping out the community as a whole in the long run.



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(Photo by Peggy O'Neill)

## Entertaining the crowd

Waterloo-based band, Shady, played to a large crowd in uptown Waterloo at the Fox and the Fiddle, located at 77 King St. N., on March 31. The pub regularly features local bands, singers and musicians.

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# Remembering Vimy Ridge

*It was 90 years ago today that Canadians fought the great battle*

By SAMANTHA SAECHAO

A special ceremony today will mark the 90th anniversary of the Battle of Vimy Ridge.

The event is being held at the Veteran's Memorial wall (which was unveiled last summer) on the front lawn of Queen's Park in Toronto starting at 9:45 a.m.

The Premier of Ontario will be hosting the ceremony and the minister of finance, Jim Flaherty, will be representing the minister of veteran's affairs Canada. The lieutenant-governor of Ontario, the premier of Ontario and the mayor of Toronto are also scheduled to speak.

There is also a memorial in

France, called the Canadian National Vimy Memorial, which was constructed in 2004 and sits on the site of the Battle of Vimy Ridge.

More than 5,000 students from Canada as well as the Queen and Prime Minister Stephen Harper will travel to the memorial to commemorate the 90th anniversary of the battle.

The battle of Vimy Ridge was considered a major, defining event in Canadian history because the Canadian Corps played a key role in the attack in the First World War, according to [www.wikipedia.org](http://www.wikipedia.org).

Attacking together for the first time, the four Canadian divisions

stormed the ridge at 5:30 a.m. on April 9, 1917. More than 15,000 Canadian infantry overran the Germans all along the front. Incredible bravery and discipline allowed the infantry to continue moving forward under heavy fire, even when their officers were killed, according to [www.civilization.ca](http://www.civilization.ca).

However, Canada paid a heavy price, with 3,600 Canadian soldiers killed and 7,000 wounded.

The Canadian National Vimy Memorial sits atop of Vimy Ridge in France.

(Internet photo)



## Business challenge May 31

By PEGGY O'NEILL

The first Golden Horseshoe Business Challenge has been set for May 31, at Casa Larga Vineyards in Fairport, just outside of Rochester, N.Y.

The business challenge is one component of the LaunchPad \$50K Venture Creation Competition.

Founded in 2005, LaunchPad \$50K is a great opportunity for Conestoga College, University of Guelph, Wilfrid Laurier University and University of Waterloo students who have a business plan they would like to jump-start.

At the end of the competition cash prizes are given to the top three teams totalling \$50,000, which goes toward launching each team's business plan. Each team must consist of two students from two of the four institutions and they must play a meaningful role.

The LaunchPad competition, designed to assist and support the creation of businesses in southwestern Ontario, takes place in Waterloo on May 9. The top two teams from LaunchPad \$50K will get the chance to compete in the Golden Horseshoe Business Challenge on May 31.

University partners in Buffalo, N.Y., Ithaca, N.Y. and Rochester, N.Y. have teamed up with the partners of LaunchPad \$50K to make the Golden Horseshoe Business Challenge possible this year.

The challenge is targeted toward entrepreneurs in Western New York and Ontario. The first-place winner will receive \$100,000 in cash to implement their business plan.

This challenge is an opportunity to reach out and support entrepreneurs in Western New York and southwestern Ontario and provide the competitors with the one resource they need the most, the access to start-up funding.

Duncan Moore, vice provost of entrepreneurship at the University of Rochester, said the challenge is recognizing the potential for economic growth in a broader region.

"The Golden Horseshoe Business Challenge is the perfect example of that ongoing cross-border collaboration," he said.

Conestoga's spokesperson for LaunchPad \$50K is third-year management student, Keith McIntosh. His job is to make sure that all the students at Conestoga are well informed about this opportunity by doing things such as organizing information booths, putting up signs and attending preparation workshops.

McIntosh thinks the Golden Horseshoe Business Competition is a great opportunity because it will help the expansion of the LaunchPad \$50K Competition for the upcoming years.

"It is exciting to be involved in the first Golden Horseshoe challenge," he said. "I have high hopes for the competitors that advance from our LaunchPad competition."

For more information on either contest, contact McIntosh at [organizer-conestogac@launchpad50k.ca](mailto:organizer-conestogac@launchpad50k.ca) or visit [www.launchpad50k.ca](http://www.launchpad50k.ca).

## MANAGING TEST ANXIETY

**While a little anxiety before a test improves concentration and alertness, excessive worry, or test anxiety, will lower your test scores.**

**The brain is like a computer in that it contains a great deal of information, and this information is useless if you're not able to access it when you need it. Having test anxiety is a lot like not having the password to your computer: the information is there, but you can't get to it.**

**One of the best, if not the best strategies for coping with test anxiety is preparation. Study enough so that you feel confident that you know the material. Then try to replace the worry and negative thinking with thoughts that are positive and relaxing. Some of the following suggestions may also help.**

### Try these common relaxation techniques:

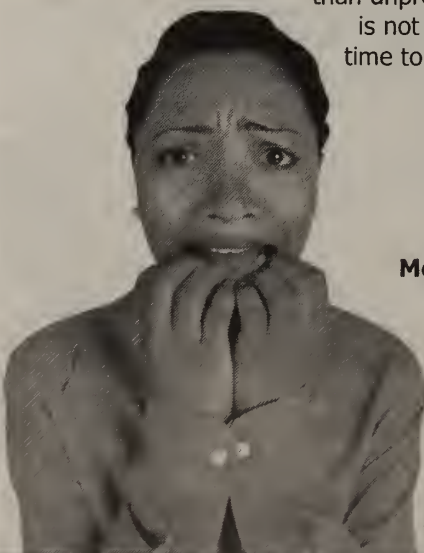
Take deep breaths, hold them, then slowly release them along with the tension.

Start at the top of your head, flexing and then relaxing each part of your body.

Close your eyes and visualize warm sunshine washing over you, melting away the tension and relaxing all of your muscles.

Close your eyes and let your arms hang down at your sides. As you relax, visualize the tension from your head, neck, and shoulders flowing down your arms and out your fingertips.

Think of a place where you feel very relaxed and calm. Close your eyes and visualize being in that place.



**Start studying early.** Students who are amply prepared for tests almost always perform better than unprepared students. The night before a test is not the time to start studying, rather, it's the time to review because cramming just increases anxiety. Get a good night's sleep.

**Don't talk to others before the test,** as their anxiety will increase your anxiety.

**Mentally prepare yourself for the test.** Know what to expect on the exam (which topics, chapters etc.). Close your eyes and see your material.

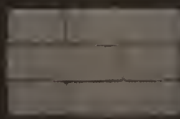
**If noise distracts you, wear earplugs.** If images distract you, sit at the front and turn your desk to face the wall.

**The more you practice positive thinking and relaxation techniques, the better you get. If you continue to have problems with test anxiety, talk to a counsellor.**

**Good luck on finals!**

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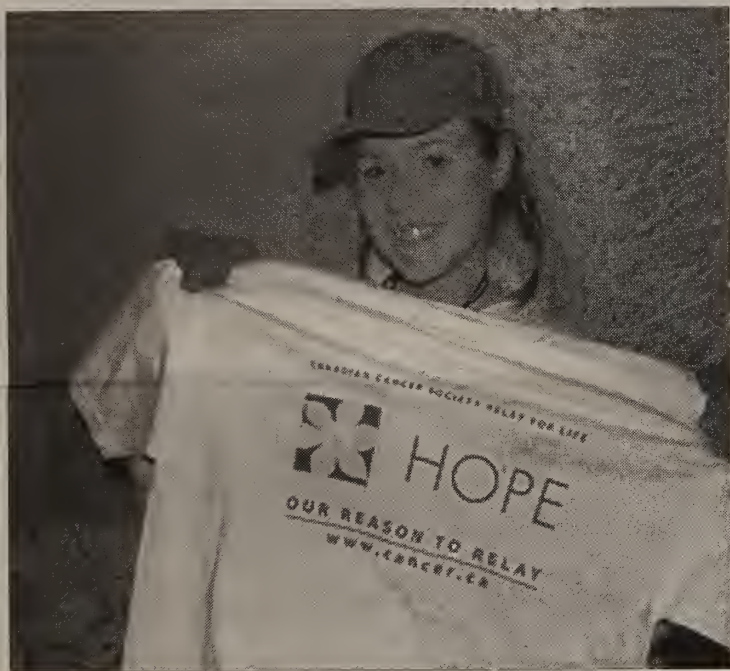
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(Photos by Angelo Mazziotti)

Students gather, right, for the third annual Relay for Life cancer fundraiser March 31 at the University of Guelph. Above, two students try to stay warm. Below, Alyssa Vasko, vice-chairperson of finance, holds up one of the T-shirts that were given to all participants.



## Relay for Life shatters goal

By ANGELO MAZZIOTTI

The freezing cold temperatures and threatening rain clouds could not put a damper on the magic and wonder of people helping people in Guelph on March 31.

Upwards of 500 people, most of them students, walked, jogged and skipped around the University of Guelph track for 12 straight hours. Pulling the ultimate all-nighter, they took part in the third annual Relay for Life, benefiting the Canadian Cancer Society. First-year agriculture student Jared Tyler was all smiles after the overnight event.

"I'm going on adrenaline and about a half dozen energy drinks," said Tyler while jumping up and down. "When can I do this again, sign me up right now."

It wasn't all laughs and caffeine,

however, as quite a few tears were shed during the evening's festivities as well. Elizabeth Holmes told a heart-rending story to remind everyone what a real threat cancer is and what a big role it has in many of our lives.

"I relay for my grandfather, I relay for hope, I relay for a cure," said Holmes, overcome with emotion. There was not a dry eye in the crowd.

Candles were lit and placed along the inner edge of the track as a memorial to the souls of lost loved ones students wanted to remember on their relay. With the candlelit backdrop, the evening was underway. Vice-chairperson of finance, Alyssa Vasko, had nothing but praise for those in attendance.

"It truly is amazing how much money we were able to raise in such a short period of time," said

Vasko. "We were able to raise over \$78,000, which is enough to run a highly productive cancer research lab for a whole year. It shows that every little bit really does make a difference."

The amount raised surpassed the goal of \$65,000. Students also completely shattered last year's total of \$57,000, something that Vasko says is a real testament to the heart of volunteers and students alike.

"We have surpassed our set goal in all three years to date," said Vasko. "The students that come out really have a passion and want to do their part in any way they can. It also takes countless hours by thankless volunteers to make something like this possible. We wouldn't be standing out here freezing our noses off if it wasn't for them."

## Club hopes to raise AIDS awareness

By HOLLY FEATHERSTONE

The surreptitious spread of AIDS far exceeds efforts against its transmission, though four enthusiastic Conestoga students are striving to increase awareness of the global epidemic.

Second-year BSCN students Amy Howard and Stacy Crown hosted an Acting on AIDS meeting March 26 in hopes of launching an on-campus club to both raise awareness and funds for AIDS relief efforts.

Howard and Crown, along with peer Danielle Berg and Maria Good, ran with the notion of starting a club with the support of World Vision and inspiration from other Christian missionary AIDS relief and development campaigns in the U.S.

The meeting featured a slideshow presentation of startling statistics and information regarding existing World Vision-backed campaigns against AIDS, complete with host Amy Howard's aspirations for the club. Free pizza and beverages were provided for all attendants.

"I just heard about (AIDS relief) chapters starting in the U.S. and realized we could do something like that here," said Howard.

"There are powerful steps that Conestoga (can take)."

HIV/AIDS is the most prevalent humanitarian crisis today, responsible for 28.2 million deaths since its discovery.

The disease takes an adverse toll on the individual, the family and the economy in terms of employment, education, health-care services and productivity.

Millions of children are left orphaned, women affected are often enfeebled and therefore, unable to pursue employment opportunities, and men are often absent from the labour force due to poor health.

"That's a lot of people affected," said Howard. "We have the power to do something about it."

She said they will try to increase awareness of the club's existence around campus, in the interest of garnering members, before engaging in any major fundraising activities.

"We're hoping to dive in through the fall," said Howard.

Tentatively, the club has planned a T-shirt campaign and fundraiser for the fall term entitled, I am Not a Number. The campaign is intended to represent how numbers of orphaned children have increased

### STATISTICS

- There are 9,000 new HIV infections every day
- There are 14 million orphans in the sub-Saharan region, where AIDS is most threatening
- HIV/AIDS causes 8,200 deaths a day (the equivalent of three attacks on the World Trade Center)

over the years due to the losses of women to AIDS.

"(Orphans) are kids that have lives and we want to promote that throughout the school," said Howard.

It is the intention of the weeklong event to deliberately have only a certain percentage of students wearing the vivid orange shirts early in the week and once the shirts become more readily available for purchase on campus, the number of wearers will increase.

"It's more of a visual representation of how orphan populations are increasing," said Howard.

The club also has plans for a Lives are at Stake event in the fall term as well as promoting World

AIDS Day, Dec. 1.

Currently, Howard said the club hopes to entice students who want to make a difference by becoming members.

"We do need the support," she said, "and if we can't have that, we can't continue (the club)."

Howard said her dream is "that students have a place to come and do something about AIDS" as well as the advent of facilitating greater awareness throughout the community by having K-W citizens involved as well.

The acquisition of AIDS relief funds through World Vision can help subsidize the cost of such things as drilling water wells, providing better health-care services for children, distributing food-growing supplies and hastening prevention campaigns within AIDS-affected countries.

Such changes begin with us, the more affluent societies. As stated as part of the Acting on AIDS campaign branch of World Vision, "It begins with a student who mobilizes a campus to awaken a community to change the world."

For further information and club membership inquiries, contact conestoga.acting.on.aids@gmail.com.

**ROGERS**  
Your World Right Now

### ↑ Top 10 RealTrax™ ring tones

Week of April 2

1. Cupid's Chokehold  
- Gym Class Heroes
2. Don't Matter  
- Akon
3. Glamorous  
- Fergie
4. Irreplaceable  
- Beyonce
5. On The Hotline  
- Pretty Ricky
6. Outta My System (feat. T-Pain)  
- Bow Wow
7. Poppin'  
- Chris Brown
8. Rock Yo Hips  
- Crime Mob
9. This Is Why I'm Hot (Chorus)  
- MIMS
10. You  
- Lloyd

Text "PLAY" to 4800 on your Rogers wireless phone to download your favourite ring tones today.

**Unlimited Music Downloads**  
\$20/month  
LOAD UP YOUR 4GB MP3 PHONE





# WING OFF CHAMPIONSHIP




APRIL 11

Come out for  
CSI's 1<sup>st</sup> annual  
Wing Eating Competition

SANCTUARY @ NOON • SIGN UP IN THE CSI OFFICE • ROOM 2A106. FIRST COME FIRST SERVE



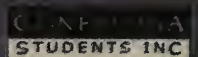
## Last chance for Grad Photos

You have one last  
chance to get your Grad  
Photos taken at your  
Graduation Ceremony.  
No sign up required,  
Visit the CSI office,  
room 2A106 for details




## June 13<sup>th</sup> and 14<sup>th</sup>





# LUAU

## Pub Night



\$500.00  
PRIZE  
for Best Costume

\$2.00 at the door • 18+  
April 12<sup>th</sup> at 9:00 pm • Sanctuary

## JOIN THE TEAM

NOW HIRING

### FOR FALL 2007

**SELF SERVE SUPERVISOR**  
The CSI is hiring 5-6 part-time individuals for September 2007 to May 2008 to assist students the self serve area. This position pays \$9.29/hr and hours will be between 5 -24 hours per week.

<b>Duties Include:</b> <ul style="list-style-type: none"> <li>• Handling Cash</li> <li>• Selling event tickets</li> <li>• Assisting students with binding, photocopying, laminating and faxing.</li> <li>• Responding to general inquires</li> </ul>	<b>Requirements:</b> <ul style="list-style-type: none"> <li>• Customer Service Experience</li> <li>• Experience with handling small amounts of cash</li> <li>• Familiar with photocopiers, binding machine and laminator and faxing an asset</li> <li>• Experience with computers and all Microsoft software programs an asset</li> <li>• Must qualify for work study.</li> </ul>
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The hours will be Monday to Thursday 8:00 a.m. to 8:00 p.m. Friday 8:00 a.m. to 4:00 p.m. and Saturday 10:00 a.m. to 2:00 p.m. Extra hours during the day may be needed during peak times throughout the semester. These extra hours will be flexible around your timetable.

**RECEPTIONISTS**  
The CSI requires 2 receptionists starting September 2007 – May 2008. The rate of pay for this position is \$9.29/hour and you will receive 5 – 24 hours per week. These hours are flexible and work around your class schedule.

<b>Duties:</b> <ul style="list-style-type: none"> <li>• Respond to walk in inquiries</li> <li>• Collect and distribute mail</li> <li>• Photocopying and faxing</li> <li>• Input data into excel spreadsheet</li> <li>• Filing</li> </ul>	<b>Requirements</b> <ul style="list-style-type: none"> <li>• Accurate typing skills of 60 -70 words per minute</li> <li>• Knowledge with Microsoft Excel a definite asset</li> <li>• Ability to file alphabetically</li> <li>• Must qualify for work study</li> </ul>
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**SOUND TECHNICIAN**  
CSI is seeking a sound technician for events and nooners in the Sanctuary. Candidates should be familiar with sound boards, audio visual and microphones. The rate of pay for this position is \$11.19/hour.

Drop off your resume to room 2A106 or  
email to [jrenwick@conestogac.on.ca](mailto:jrenwick@conestogac.on.ca) by April 13<sup>th</sup>  
2007 or visit [www.conestogastudents.com](http://www.conestogastudents.com) for more information